

COX'S
COMPANION
to the Family
MEDICINE CHEST
One Shilling

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COX, E.

COMPANION
TO THE
MEDICINE CHEST,
WITH PLAIN RULES
FOR
TAKING THE MEDICINES
IN THE
CURE OF DISEASES,
In a style adapted to every capacity.

TO WHICH ARE ANNEXED,
RULES FOR RESTORING SUSPENDED
ANIMATION,
Method of obviating the effects of Poisons,
AND A CONCISE ACCOUNT
OF THE ASIATIC OR SPASMODIC CHOLERA.

BY A MEMBER OF THE ROYAL COLLEGE
OF SURGEONS.

Fifteenth Edition.

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BOROUGH,

PRICE ONE SHILLING,

A TREATISE

ON

BURNS AND SCALDS,

DETAILING

THE BEST METHODS OF TREATING
THOSE ACCIDENTS,

AS PRACTISED IN

The London Hospitals,

AND BY THE

MOST CELEBRATED MEDICAL PRACTITIONERS.

By JOHN AUGUSTIN WALLER, Surgeon, R.N.

DEDICATION.

This small Work, intended principally for Domestic Use, is respectfully dedicated to the HEADS OF FAMILIES in England, Scotland and Ireland,

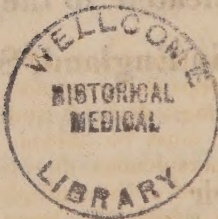
By their

Obedient Servant,

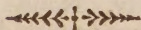
THE PUBLISHER.

DEDICATION

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PREFACE.



A JUDICIOUS and discerning public have long experienced, and repeatedly acknowledged, the inestimable advantage derived from a portable dispensary; but it must be obvious to all, that without full and perspicuous directions how to proceed, for the relief of the multiplied forms of human misery, to which the humane part of mankind may administer assistance, the advantages would be much curtailed. In this little compendium, an endeavour is made to supply such information as cannot fail to render a Medicine Chest more extensively useful.

Some remarks of a miscellaneous nature, are added by way of Appendix; which, although strictly speaking, they are not necessary to complete a pamphlet of this nature; yet as the whole will have one and the same object in view—namely, the diminution of the sum of human calamity; this, it is hoped, will be deemed a sufficient apology for their insertion.

Several pamphlets are now extant, professing to direct the more intelligent part of mankind, unconnected with the profession of physic, to an appropriate method of compounding and applying medicines for the removal of diseases; but a single glance at those is sufficient to show, even to the most unlearned in the science, how defective and inadequate they are to such an end. In the present little manuel are described the virtues of medicines in an uncombined state, and the manner, as well as time, for employing them in the relief of diseases, so far as can be done consistent with safety. Notice is likewise given of such circumstances as forbid their use.

The effects and application, when combined together, whether in the form of Mixture, Powder, Lotion, &c. are described, and the method of compounding them out of the articles contained in the chest.

Several active medicines are inserted in the list as medicines proper for a medicine chest; but are intended only for the convenience of medical practitioners, where the patient is situated at a considerable distance; hence it was thought proper to remain silent, both as to their virtues and applications in the cure of diseases, lest such comments should lead to a misapplication in practice, and consequent mischief to the patient.

Such medicines as are safe, useful, or convenient for a medicine chest, are here added, which the purchasers can diminish or increase as each thinks proper. The names to which the public have been most familiarized are retained, as being better calculated to prevent mistakes.

When the doses of medicines are specified, it is to be understood that they are directed on the supposition that the patient is an adult, except where the contrary is expressly mentioned. For the sake of regulating the doses proper for different ages, the following general remarks may be attended to :

“ A patient between twenty and fourteen, may take two-thirds of the (largest) dose for an adult ; from fourteen to nine, one half ; from nine to six one third ; from six to four, one fourth ; from four to two, one sixth ; from two to one, a tenth ; and below one, a twelfth.”

Or what will, perhaps, be still more convenient in many respects, for regulating this matter the following table drawn up by **DR. GRAVES.**

VIII.

DR. GRAVES'S TABLE
FOR SHEWING
THE DOSES OF MEDICINE
AS PROPER FOR
DIFFERENT AGES.

Age	Common Dose, a Dram.	Proportionate Dose
Weeks 7	$\frac{1}{15}$ of a Dram, or	4 grains
Months 7	$\frac{1}{12}$	5 grains
14	$\frac{1}{8}$	7 grains & a $\frac{1}{2}$
28	$\frac{1}{5}$	12 grains
Years 3 $\frac{1}{2}$	$\frac{1}{4}$	15 grains
5	$\frac{1}{3}$	A scruple
7	$\frac{1}{2}$	Half a dram
14	$\frac{2}{3}$	2 scruples
21	Common Dose	A dram
63	$\frac{11}{12}$	55 grains
77	$\frac{5}{6}$	50 grains
100	$\frac{4}{6}$	40 grains

Suppose one dram a sufficient dose for an adult (i. e. for a person of twenty-one years) then the other ages require as above.

NAMES

OF THE SEVERAL

Medicines, &c. contained in the Chest

Alphabetically arranged.



Æther
 Aloetic Wine
 Alum
 Antimonial Powder
 Antimonial Wine
 Bark—Borax—Calomel
 Chloride of Lime
 ——— of Soda
 Camphor
 Carbonate of Potash
 Castor Oil
 Chamomile Flowers
 Chrystalized lemon juice
 Cream of Tartar
 Dentifrice Powder
 Dover's Powder
 Eau de Luce
 Elixir Paregoric
 ——— Vitriol
 Friar's Balsam
 Female Pills
 Ginger Powder
 Epsom Salts
 Goulard
 Gum Arabic
 Indian Pink Powder
 Ipecacuanha Powder
 Ipecacuanha Wine
 Jalap Powder
 Laudanum

Magnesia Calcined
 Manna
 Nitre, or Saltpetre
 Oil of Anniseed
 ——— Basilicon
 Ointment { Blistering
 ——— Brown Cerate
 ——— Spermaceti
 Opening Pills
 Opium
 Opodeldoc
 Peppermint Essence
 Plasters { Diachylon
 ——— Blistering
 ——— Burgundy pch
 Rhubarb Powder
 Senna Leaves
 Spermaceti
 Spirit Hartshorn
 ——— Lavender
 ——— Nitre, sweet
 ——— Sal Volatile
 ——— Wine, rectified
 Sulphur—Sulph Quinine
 Tamarinds
 Tartar Emetic
 Tincture of Bark
 ——— Stomachic
 Vitriol Blue
 ——— White

Sugar of Lead is Goulard

A LIST OF ARTICLES

NECESSARY

TO BE KEPT IN THE CHEST.

A spatula for mixing ointment, pills, &c.

A tile, on which the preceding articles may be made or divided.

A glass funnel.

A glister pipe and bag.

A graduated glass for measuring fluids.*

Lint.

Scales and Weights.

Small glass mortar and pestle.

* The glass measure has a scale graduated from a dram upwards to two ounces, or more. The first line marks half a dram, the second one dram, the third two drams, the fourth three drams, the fifth four drams (or half an ounce) and so on. As these measures, as well as the weights, are marked with their proper characters, it will be proper to point them out, so as to render them intelligible:

THUS

			2 oz.	16	—
				14	—
Twenty grains † make 1 scruple	} Marked. {	3j	1½ oz.	12	—
Three scruples make 1 dram				10	—
Eight Drams make 1 ounce		3j	½ oz.	8	—
		3j		7	—
		lbj		6	—
Twelve ounces make 1 pound				5	—
			½ oz.	4	—
				3	—
				2	—
				1	—
				1	—

† The grain weights are marked, exclusive of the stamp, with a particular mark for each grain.

APPLICATION
OF
MEDICINES, &c.
IN THE
CURE OF DISEASES.

ÆTHER

Has been long and well known for its powers as an universal stimulant and antispasmodic. It may be given safely in any painful complaint unattended with inflammation.*

Æther, spirits of lavender, of each a teaspoonful, mixed with a wine-glassful of cold water, and taken immediately, is a good remedy in the hysterical and hypochondriacal lowness, to which many persons, especially delicate females; and sedentary males of weakly constitutions, are subject. A tea-spoonful of æther, in half a glassful of brandy, and twenty-five or thirty drops of laudanum, will often relieve the excruciating torments of the gout when it has fixed in the stomach; it is at the same time adviseable to wrap the feet in flannel, which will conjoin in inviting back the gout to them, which appear to be its

* Inflammation may generally be known by the pain being attended with much fever.

natural seat Equal parts of spirit of wine and camphor (*see Spirit of Wine*), æther, and laudanum, mixed in a phial, form an admirable application for the gout or cramp at the stomach, if well rubbed on the part, to which a piece of warm flannel should afterwards be applied. The same application is also useful in that kind of rheumatism, without fever, which is called chronic, and often attacks people advanced in life, although others are by no means exempt from it; it is to be rubbed frequently on the pained part, and a warm flannel applied as recommended above. A tea spoonful of æther taken in a glass of cold water, on the approach of an asthmatic fit, will frequently prevent, and always moderate it. The same dose, taken in the same manner, sometimes relieves head-aches, particularly those of the nervous kind; but is, perhaps, as often efficacious when applied to the part where the pain is, by means of the hand, into which a little æther is to be poured. A few drops of æther allowed to fall into the ear, when the head is inclined to one side, the part being previously fomented as recommended under the article Laudanum, and being immediately filled with cotton after the introduction of the æther, will mostly allay the violent pain which this part sometimes suffers. By the way, it may not be altogether out of place to observe, that this method of fomenting or steaming the ear is commonly effectual in discharging insects that accidentally get lodged in it.

ALOETIC WINE

Is an useful and agreeable purgative in most cases, if taken to the amount of one or two table spoonfuls. From its warm aromatic nature, it is particularly adapted to those constitutions where there is much flatulence, or wind, collected in the stomach or bowels. A small desert spoonful, with a tea-spoonful of spirits of lavender, taken in a glass of cold water, midtime between breakfast and dinner, creates a good appetite and, consequently, is very serviceable where there is a disposition to dyspeptic complaints, or a defective appetite.

Aloetic wine is an extremely proper purgative where the monthly evacuations of women are stopped, but highly improper where this discharge is too profuse.—Two tea-spoonfuls taken twice a day, and continued for some time, will commonly succeed in restoring the monthly evacuation when stopped, especially if the feet be immersed in water, warm as can be borne, three or four times a week on going to bed. (*See Female Pills.*)—Aloetic wine forms a good purgative against worms in children.

ALUM

Is a medicine of considerable use in several cases, more particularly as an external application.—Half a dram dissolved in half a pint o-

water, is a good application in slight inflammations of external parts of the body : rags wetted in the lotion should be kept constantly on the part, and renewed as they become warm : recent boils have by this means been discussed, and, consequently, much pain and trouble has been saved to the patient. Some people are often subject to a soreness of the tongue and mouth, especially during the summer season, which may be readily removed by rinsing the mouth frequently with a solution of alum in the proportions already mentioned. If it should make the mouth bleed, or smart much, it will require a little dilution. The soreness of the nipples, which often happens to women after delivery, so as to prevent the parent from nursing her child, is readily removed by frequent ablution of the parts with the solution of alum. If it creates much smarting, in the proportions mentioned, it will be proper to dilute it. The nipples should be well washed before the child is suffered to suck, otherwise the austere taste of the alum will make it loathe the breast.—A scruple of alum dissolved in a tea-cupful of water, makes a moderately strong solution, which, if a little is sniffed up the nose repeatedly, will often succeed in preventing bleeding from that part.—Alum is an approved remedy for bleedings in the internal parts ; but these, when trifling, require no such aid ; and, when excessive, require such discrimination as necessarily calls for the judgment of the profession.—One dram of alum dissolved in four ounces of vinegar, to which water and spirit of wine, of each two ounces, is added, makes an excellent lotion for chilblains : cloths wetted in it should be kept constantly on the parts.

ANTIMONIAL POWDER.

FROM Dr. Pearson's Analysis of James's Powder, it appears that the present article is of a similar nature to that famous and highly respected remedy; an extensive experience has also left no room to doubt a coincidence in their effects.

In a recent cold, or a stuffing in the head, as it is called, three or four grains of this powder, taken in a large bason of whey, as warm as can be swallowed; and the same dose of powder being repeated, after an interval of three or four hours, with a little warm whey, seldom fails in removing it, provided the patient be kept warm in bed, from the time of his taking the first dose till the perspirative effects are over. The same plan will often succeed in removing a violent head-ache, attended with a beating in the head, especially if the feet be kept twenty minutes in hot water immediately before the patient goes to bed.—Like James's Powder, it has no effect in preventing fevers; but in the dose of three or four grains, every three or four hours, it is a very appropriate remedy when a fever of any kind exists. The patient should drink freely of barley water whenever this medicine is taken.

ANTIMONIAL WINE.

IN all fevers, of whatever nature, thirty or

forty drops of this wine, added to every quart of the patient's common drink, cannot fail to be serviceable; neither does it impart to the fluid any disagreeable taste, so that it may be done without the patient's knowledge.—Five or six drops, with two drops of laudanum, given three or four times daily, often removes that febrile state to which most children are subject during the time of teething.—Thirty or forty drops given at bed time, in a bason of warm gruel, has a good effect in removing a cold, or in preventing it where a person has been much exposed to wet, if he be kept warm during its operation.—It is commonly recommended as an emetic; but as it often proves violent in its operation, and leaves an excessive lassitude and debility afterwards, it is properly superceded by safer and more convenient articles. (*See Ipecacuanha and Emetic Tartar.*)

BARK.

IN speaking of this valuable medicine, it will lead to a prolixity which we could wish to avoid; but its application to such a variety of cases, and its particular management in the cure of agues, is a proper inducement to be more full upon it than on most other articles. Bark is known for its powers as a febrifuge and strengthener in all cases of debility. There is scarcely that disease, in which if a light decoction of bark be given, to the amount of two ounces, twice or thrice a day, it will not do some good (*see Method of preparing the Decoction, at the end of this article*), more

particularly where a weakness of the stomach forms a part of the complaint.—Bark has been particularly successful in that kind of fever termed ague. It is not necessary in all cases that an emetic, or purgative, should precede its use; but it sometimes fails to cure the disease from a want of these; and, as such practice could do no harm, in any case, it may be regarded as a good general rule, to begin the cure by administering an emetic, which, that it may act as a purgative also, may be compounded of ipecacuhana powder and emetic tartar. For any age between five and ten, twelve grains of ipecacuhana, and one of tartar emetic, may be well mixed and divided into two doses, of which one should be taken every quarter of an hour till it vomits, plenty of liquid being taken after the operation commences, which will contribute to promote the purging effect also. From ten to twenty years a scruple of ipecacuhana, and a grain and a half of emetic tartar, is to be taken at two doses, and managed in the same way. But, in case these fail to purge, a dose of rhubarb, may be given to occasion a stool or two.

The method of exhibiting the bark must vary according to circumstances, which can only be specified where the case is present; but we shall endeavour to lay down such rules as will apply in the majority of cases and constitutions that occur.

Some stomachs loathe the powder that will retain the decoction. The best form is that of mixture with port.—An ounce and a half of the powder, and two drams of the ginger powder may be added to a bottle of port; the dose should

be an ounce at a time, and repeated as often as can be done in the intervals of the fits. This kind of mixture will mostly prevent sickness; and if it purges. three drops of laudanum may be added to each dose.

When bark is directed to be taken such a number of times in a day, without regard to any *particular time*, it sometimes fails to cure. In such cases as much as possible should be got down immediately before the fit is expected, as the stomach can possibly retain, and this will mostly succeed. If a dose of laudanum, proportioned to the age of the patient, be given, half an hour after the commencement of the hot fit, it will abate its force, and remove more of the disease than an ounce of bark would do.

When bark fails in curing agues, it is generally from one of these circumstances; either discontinuing it too soon, giving it too sparingly, or in an improper form.

The bark contributes much to the recovery of persons labouring under putrid fevers; it has been known to preserve the patient even when the blood has become in such a state as partially to pass through the coats of the blood vessels. In these cases it is doubly useful: to brace up the weakened fibres, and to correct putridity.

Bark is a principal remedy in some cases of mortification; in others it is exceedingly injurious. But, as more discrimination is required in these cases, than usually falls to the share of those who are not professionally educated, we decline any further remarks upon it, in this case.

A scruple of bark, taken thrice a day, in a little port, has succeeded in removing periodical head-achs.

Decoction of Bark

Is made by boiling an ounce of bark in a pint and three ounces of water, for ten minutes, and when cold to be strained.

BORAX.

ONE part of finely powdered borax, to seven or eight parts of clarified honey, is an excellent application, and much used to remedy that soreness of the mouth, called thrush, to which infants are very liable. A small quantity should be put into the child's mouth, which it will sufficiently disperse about by the motion of its tongue.—Half an ounce of borax dissolved in four ounces of boiling water, and sweetened with a little sugar, is an efficacious mixture for abating the febrile and restless state of children brought on during teething. The dose may be two tea-spoonfuls every third hour

CALOMEL, OR SUBMURIATE OF MERCURY,

Is a preparation of very extensive application in the cure of diseases, but as some constitutions are affected to a degree beyond what could be wished, even by very small doses, and as there

is no criterion, by which such peculiar constitutions can be distinguished, we decline saying any thing respecting it. (*See Preface.*)

CAMPHOR.

THE efficacy of this medicine has long been ascertained in many very formidable diseases; but of its influence over these it would be to no purpose to speak, as their management requires a degree of discernment, of which every one is not supposed to be possessed; we shall, therefore confine the remarks to less desperate cases. In violent sick head-aches, a pill, composed of three grains of camphor, and one of opium, taken occasionally, is often serviceable. Half an ounce, dissolved in two ounces of spirits of wine, forms the spirit of camphor, an useful preparation in many respects. (*See Æther.*) Two drams of camphor, dissolved in an ounce and a half of olive oil, is an excellent liniment for sprains, bruises, stiff joints, and rheumatism. Camphor has long been reputed a preservative against infection, for which purpose it is worn round the neck in a small bag.

CASTOR OIL

Is a laxative of so mild and safe a nature, that whenever the bowels are costive, so as to require medicine, this remedy cannot be out of place. It possess one advantage over every other laxative, which is, that the dose may be gradually diminished, when it is used daily, without any

diminution in its effects; and, from this circumstance, it is easy to see that a cositive habit may be more effectually removed by it than any other article of a purgative nature. (*See Opening Pills.*) —One or two table-spoonfuls is a sufficient dose for most people, and if taken in a cup of coffee, its disagreeable taste will be much concealed. It is a laxative peculiarly friendly to the tender bowels of infants, to such as are troubled with piles, and to pregnant women who are in danger of miscarriage.

CHAMOMILE FLOWERS

ARE used for making an infusion to assist and promote vomiting; the mode of preparing them is so well known to every one, that it would be useless to say any thing respecting it here.—A large tea-cupful of the infusion of chamomile, taken every morning fasting, is found to be very serviceable to such as are troubled with an excess of bile.—Chamomile flowers make a good fomentation for ripening abscesses, &c. and for reducing inflammations.

CRYSTALIZED LEMON JUICE

Is used for making the saline draughts, when conjoined with carbonate of Potas, (*which Article see.*)

CREAM OF TARTAR

HAS been much used as a purgative and a diuretic in dropsy. When administered as a purgative, it must be given to the amount of half an ounce or six drams, dissolved in water; when intended to promote a flow of urine, two drams are sufficient for a dose, which should be given in the morning, and much fluid of some kind, as barley water, must be given during the day, to forward its operation, and on the strict observance of this will its success chiefly depend. Cream of tartar forms a principal ingredient in the imperial water which is as follows:

Take an ounce of cream of tartar, the peel of a lemon, a gallon of boiling water, and half a pound of lump sugar. This forms a cooling pleasant drink in fevers. The clear liquor may be poured into bottles, which, if well corked, and put in a cool place, will keep some time.— A tea-spoonful of an electuary, consisting of equal parts of cream of tartar, flowers of sulphur, and tamarinds, taken every night is serviceable in the piles.

DENTRIFICE.*

The method of using this powder is so familiar to all, as to prelude the necessity of any

- R. Supertart. Potassæ, drachm j.
 Pulv. Cinch. drachms, ij.
 Pulv. Os Sepiæ, oz, j.
 P. Myrrhæ drachm j
 P. Lid. Flor. oz. ½
 Misce fiat Pulv

comments on that head; suffice it to say, it is a perfectly safe and agreeable, as well as an efficacious compound, free from those pernicious ingredients frequently recommended.

DOVER'S POWDER

Is one of the most powerful and certain medicines for raising a perspiration, on which account it is frequently used, and with success, in rheumatism, either when there is or is not a fever. It is useful also in colds, when taken at bedtime. The dose in either case, may be from fifteen to twenty-five grains.

EAU DE LUCE.

HAS been long used to stimulate the nostrils in a fainting fit, and for which purpose, on account of its great volatility, it is well enough adapted. One part of eau de luce, added to three of water, and snuffed up the nose, will frequently stop a bleeding from that part: more especially if a bit of rag wetted in it be afterwards introduced up and continued in the bleeding nostril. Mixed with opodeldoc, in the proportion of one part to three, it is an excellent embrocation for sprains and rheumatic affections, especially of that kind to which old people are subject. But the complaint for which this remedy is most valuable, is the sickness cough, upon taking food, the heart-burn of pregnant women, very many of whom are often much distressed by these symptoms. The following

is the method of forming the compound, of which two or three table spoonfuls may be taken, either occasionally, or where the symptoms are more continued, after every meal.

Take a dram of magnesia, to which add, gradually, two drams of spirit of wine, five ounces and a half of soft water ; and, these being put into a phial, let one dram of eau de luce be added ; the bottle should be kept closely corked. Two tea-spoonfuls of this mixture given occasionally to children who are troubl'd with acidity in the stomach and bowels, is most effectual in relieving them.

ELIXIR PAREGORIC

CONTRIBUTES much to the relief of coughs, but particularly the coughs to which many old people are subject. It is likewise an excellent remedy for putting off an asthmatic fit, when it is perceived to be coming on, especially if a tea-spoonful of æther be given along with it. The dose of paragoric may be two tea-spoonfuls. Twelve or fourteen drops given at bed time, procures sleep, and allay the cough which often harasses weakly children during the process of teething.

ELIXIR VITRIOL

Is an agreeable acid, and is often used in the dose of fifteen or twenty drops, in a glass of spring water twice or thrice a day, to promote the appetite when it is defective, as sometimes happens after a long illness. The same plan

often succeeds in checking profuse perspirations, which reduce the strength of the body, as is commonly seen in some cases of consumption. It is commonly joined with bark, which it sometimes enables the stomach to retain, when it would otherwise reject it.

FRIAR'S BALSAM

Is a good application to any cut or wound of small extent.

FEMALE PILLS. *

THE convenience of these pills will be found very great, when we consider that women frequently have an obstruction of that natural periodical evacuation, on the regularity of which their health so much depends. These pills are not intended to remedy every irregularity but only to restore the proper discharge when it has ceased from other causes than pregnancy, as cold, weakness, &c. When it is stopped in a woman not pregnant, and occasions any inconvenience, if it arises from weakness, this will be denoted by the paleness of the face and body, lassitude and inaptitude to motion. In such a case two of these pills taken morning and night will be found peculiarly useful. Moderate exer-

* Ferr. Vitriol. gr. xij.

Aloes Socot gr. xvj.

Pulv. Canthar. Subtill. gr. xxiv.

Ol. Ess. Carui. gr. xx.

Fiant pilulæ xvj.

else made to alternate with ease and rest, has frequently a good effect, whenever the patient is unwilling to move about. The patient therefore, should once a day at least, recline on a bed, if she is so disposed. This plan both with respect to medicine and exercise, will be equally proper, where the discharge has never commenced, and the patient is inconvenienced in consequence of the inability of nature to effect it. When the discharge, after having commenced, is stopped from cold or any other morbid cause, there will be much pain in the loins and head, especially at the periods when it was accustomed to return; but there will not, in these cases, at least commonly, be that paleness of the body, as when it is attended with, or proceeds from, great weakness. The best practice here is to give two teaspoonfuls of aloetic wine twice a day, and immerse the feet in warm water three times a week at bed time.

GINGER POWDER

Is a convenient article in many respects, particularly for warming other medicines.—A few grains of ginger, added to each dose of powder of bark, will often prevent the latter medicine from creating an uneasy sensation at the stomach. A dram and a half of ginger, infused in a pint of boiling water, and taken during the day, particularly at meals, is a very serviceable beverage in the gout, especially if attended with an uneasy sensation in the stomach. A dram of

ginger and three drams of bruised dried Seville orange peel, infused and prepared in a manner similar to tea, has been used as a breakfast with great effect, in restoring the appetite that has been impaired by excess in drinking, or other causes. It likewise forms an excellent kind of breakfast for those who are troubled with the gout.

EPSOM SALTS.

As a common purging medicine, are admirably well adapted to a great variety of complaints.—An ounce dissolved in water and taken early in the morning, is a common, and by no means a bad way of using them. It is better to take this medicine in the morning in preference to night, as it is often quick in its operation; and it may be observed with respect to all salts, that they act much better and with more ease to the patient, when dissolved in a considerable quantity of fluid, and taken in small doses, at short intervals, than when dissolved in as much water only as is sufficient for their solution, and swallowed all at one dose. It is on this principle that the Cheltenham waters are found so certain and efficacious in their operation. In these waters a small quantity of aperient matter is dissolved in a large bulk of fluid, and these, from experience are found to act best when taken in small doses and often. The method of using Epsom Salts, agreeably to this plan, is to dissolve an ounce in a pint and a half of barley water, or common water, and to take

three table spoonfuls every hour till it has the desired effect. Two grains of emetic tartar, added to half a pint of this solution, adds to its activity as a purgative, and thus renders it more effectual, (*See Tartar Emetic*). An ounce of salts, two drams of senna leaves, half an ounce of manna, and one scruple of ginger, infused three or four hours in a pint of boiling water, in a close vessel, forms an excellent preparation, and one much used in any case where it is found necessary to open the bowels. This medicine is well adapted where there is any inflammation, as having a tendency to abate this, on account of the peculiar mode of its operation, for it is very clear that all purges have not this power equally. It is highly proper where the body is bruised, or any how hurt from a fall or violent blow.—Three spoonfuls may be taken every two or three hours till the bowels are sufficiently affected. In hot weather some persons are subject to a redundancy of bile, causing sickness in a morning, and a bitter taste in the mouth. These disagreeable symptoms are readily removed by taking every morning, an hour before breakfast, a dram and a half or two drams, of salts, dissolved in water, half a pint of warm water being taken immediately after; it dilutes the bile, promotes its expulsion from the body, and is a proper means (much more so than emetics) to secure the constitution against fevers when such diseases prevail.

GOULARD

Is one of those medicines (even with the external application), of which it is better for those who are not familiarized to its effects not to make to free. But notwithstanding we deem it necessary to give this caution respecting it, yet several safe and valuable compounds, into which it enters, may be properly recommended. Goulard, spirit of wine, of each one dram, and soft water a pint, forms the famous vegeto-mineral goulard, or white water, the utility of which is great as a cooling application to irritated or inflamed parts, and particularly to burns and scalds. As these accidents are commonly occurring in situations where immediate assistance cannot always be procured, it may not be useless to lay down a few rules for the management of these accidents, although not immediately connected with our present plan, except so far as regards the application of goulard: this digression will be still more allowable when we consider, that an early application to a burn is half its cure. Such burns or scalds as may be safely treated without the assistance of a surgeon are only those of moderate extent, where a blister is raised, or where it is not raised; for where there is an extensive destruction of skin, it cannot be safely managed but by proper surgical aid. Whenever a burn or scald is received, the person should immediately immerse the injured parts in cold water, and keep them in this fluid at least an hour, if the part be in such a situation of the body as to admit of it. If the parts are

once removed, and the pain and smarting recurs, the intention of the remedy will in a great measure be frustrated, and its good effects will not be so apparent; hence there needs no argument to shew the advantages of retaining the part in water after it is once immersed. This plan is effectual in preventing bad consequences chiefly in those instances where it is adopted immediately after the accident, and if before a blister is raised so much the better, as it will probably then prevent such an occurrence. Where the nature of the part is such as will not admit of this mode of practice, as on the face, breast, or belly, or where a blister has been long raised in consequence of a burn, then a different plan of treatment is necessary. The first thing to be observed is to prevent the removal of the skin of the blister, for if this be removed the pain will be much increased. The remedy best calculated to relieve is a lotion of thirty drops of goulard, spirit of wine, and cold water, of each four ounces; the parts burned, or scalded, *as well as the neighbouring parts*, should be bathed and kept constantly wet by means of a feather dipped in it; the sensation of coldness which it gives to the part is of great use, and is better excited and kept up in this way than by the application of wetted rags. Another excellent application is a liniment composed of goulard, forty drops, well stirred into four ounces of cream; it also may be spread over the part with a feather. These plans will be equally applicable, in either of the states of a burn we have mentioned.—Four drops of goulard, eight drops

of spirit of camphor, and two ounces of water is an excellent eye-water for inflamed eyes. A cold poultice, made with the white water mentioned above instead of milk, is an excellent application to inflamed eyes.

GUM ARABIC

Is a substance so generally useful that it will doubtless, be found a convenient article in a medicine chest. (*See Sperma Ceti.*)

INDIAN PINK POWDER

Has been found a very successful remedy against worms, in which disease it continues to be much used by the faculty. Some prefer giving it in the form of tea, but the most efficacious is certainly that of powder of the root. To children of four or five years of age, twelve or fifteen grains may be given at a bed-time, thrice a week, with five grains of powdered jalap to ensure the purgative operation, and thus contribute to the discharge of the worms. This same medicine given in doses somewhat smaller often removes the worm-fever of children.

IPECACUANA POWDER.

Is the emetic now in most common use, and the chief excellence of this root consists not only in its safety, but in its puking, generally speak-

ing, in a small dose. Six or seven grains will mostly vomit a person under ten years of age, provided it be assisted by taking down some luke-warm liquid, as chamomile tea; above ten years, from fifteen to twenty grains may be given and aided in the same way. Whatever may be the dose administered, if it does not operate in twenty minutes, a repetition of the dose will be very proper. Ipecacuanha may be concealed by mixing it in a tea pot and pouring it out, with a mixture of sugar and milk, by which children may be deceived. When an emetic is given in the beginning of a fever, a mixture of this powder and emetic tartar is preferable to either of them alone. (*See Emetic Tartar.* In the beginning of all fevers an emetic is proper.

IPECACUANHA WINE

Is used in the same cases, and for the same purpose, as the powder of the root. This wine can be taken with less disgust by some people than the powder; its dose may be from one ounce to an ounce and a half as an emetic: it is likewise serviceable in coughs. Dose, a tea spoonful twice or thrice a day.

JALAP POWDER.

THIS powder has been long esteemed for the certainty of its operation as a laxative, particularly in such as are in dropsical habit. Its dose for an adult, is from fifteen to thirty grains, to

which it is proper to add four or five grains of ginger, to prevent the griping which it would otherwise be apt to occasion. If one part of jalap is well mixed with two parts of cream of tartar, it forms an excellent purgative for clearing away the remains of the measles or small pox. Its dose may be two or more scruples.

LAUDANUM.

THE general utility of this medicine is too well known to require much description of its effects; we shall however, speak of its application in certain diseases in which its effects are not quite so familiar to the public, as well as mention the common method of forming a night-draught; as in many cases, both medical and surgical, a night-draught is necessary for allaying pain, and procuring sleep. The proper dose for an adult varies very much according to the constitution; but as a general rule, we may say that twenty-five or thirty drops is a fair dose for an adult; this is formed into a night-draught by the addition of a little loaf sugar and an ounce and a half of peppermint water. Two parts of laudanum and one of oil mixed together, so as to form a liniment, will, if well rubbed on the pit of the stomach, often allay a violent and distressing vomiting when nothing can be retained on the stomach for that purpose. Mixed with opodeldoc, it forms the anodyne balsam, which an excellent remedy for sprains, rheumatic pains, &c. (See *Opodeldoc*). For the good effects of, and method of giving, laudanum

in agues (*See Bark.*) Forty, fifty, or sixty drops in half a pint of gruel, will, when given as a glyster, allay that pain and fruitless desire to go to stool, which is so harrassing to the patient during the bloody flux. A few drops of laudanum dropped into the ear will often put a stop to the violent pain in this part, particularly if the steam of boiling water is previously allowed to pass through a funnel into the ear. This method of steaming the ear is also very useful where there is inflammation. After the ear has been steamed, it should be filled with cotton to prevent taking cold. (*See Æther.*—On the further application of this medicine to dangerous diseases we decline saying any thing, as such cases are only to be treated successfully by those who have a proper insight into the laws of the animal economy.

MAGNESIA

Is used alone as a laxative in doses of one or two drams mixed with a little water, but it is particularly adapted to such constitutions as are troubled with heart-burn, which arises from the generation of a morbid acid in the stomach. Magnesia is a laxative in itself, but is much more so when it meets with this acid in the stomach, and on union with this its activity depends in a great measure. Mixed with an equal quantity of rhubarb, it is an excellent laxative for children at the breast. The dose may be

from five to ten grains, according to the age and constitution of the child. (*See Oil of Aniseeds.*—*Eau de luce.*)

MANNA.

FROM the sweet taste of this drug, children will often be prevailed on to take it when every other medicine is refused. Two or three drams will prove mildly purgative, and operate without griping even when the bowels are very sensible. (*See Senna.*)

NITRE.

THIS, although a neutral salt, is not used as a laxative; the quantity required to produce such effects would create great distress at the neck of the bladder, if not much diluted, and if much diluted would pass off by urine; it is therefore a good diuretic when accompanied by much drink. If nitre is not dissolved fresh every time it is taken, it loses part of its good effects; hence the impropriety of making a large quantity of any medicine at a time, in which nitre is an ingredient—no more should be made than will be consumed in the day. Three drams of nitre, dissolved in a quart of barley water, and administered daily, is good in that species of rheumatism attended with much fever.—One dram of nitre, half an ounce of vinegar, and eight ounces of water, is a good mixture, in common fever. Three spoonfuls may be given to an adult every four hours. The same mix-

ture is likewise a very useful gargle in common sore throat; also, a lump of nitre dissolved in the mouth, and the saliva slowly swallowed, is an excellent means of removing a simple sore throat.

OIL OF ANISEEDS.

THIS is a very agreeable aromatic oil, and is a powerful and useful carminative. When four or five drops are given in a little milk, being previously rubbed down with a lump of sugar, it will generally be found an effectual means of expelling wind or flatulence from the stomach. It is recommended as a proper article for a medicine chest, as forming an ingredient of a very useful composition for dissipating the windy cholic, with which many children are afflicted during the first two or three months after birth. The composition is as follows, of which a small dessert spoonful may be given whenever the child is troubled with wind :

Take fifteen drops of oil of aniseeds, which is to be dropped on as much lump sugar as will absorb it; triturate this well in a mortar, with half a dram of calcined magnesia, one dram of stomachic elixir, and three ounces of milk.— Or, the following may be used, which there is reason to think resembles nearly, in its composition, “Dalby’s Carminative;” or, at least, is equally valuable for its benign influence on the constitutions of such children as are affected with flatulence, or windy cholic. It cannot be prepared from the medicine chest, as several of

the ingredients are not contained therein, but can readily be procured from any apothecary, or druggist.

Take twenty drops of oil of aniseeds: triturate it well with two or three lumps of sugar: add one dram of calcined magnesia, syrup of saffron and foetid spirit of ammonia, of each a dram and a half, syrup of balsam, six drams, emulsion of sweet almonds, three ounces and a half. A small desert spoonful taken occasionally will often remove a windy cholic, or the fits which are commonly dependant on it.

OINTMENT BASILICON.

THIS is a good digestive application to wounds of almost any description; but where it is found too sharp or drawing cerate may be used in its place. (*See Cerate, Brown.*)

Basilicon is particularly used for dressing blisters; and when it is used to keep them open, a daily dressing with an ointment of two drams of blistering ointment and six of basilicon will effect this; in irritable habits, it may be advisable to dress with this ointment and basilicon alternately.

OINTMENT BLISTERING.

THIS is made of a consistence proper for spreading, and may be extended over a piece of leather, a small margin free from the ointment being left all round.

A blister applied behind the ear often relieves soreness or inflammation of the eyes, pain in the hand, jaw, &c. When applied to the nape of the neck, it is generally effectual in removing the distressing head-ache that ushers in low fevers. Blisters are likewise proper in all internal inflammations, especially if bleeding be premised; they commonly succeed also in removing rheumatic pains, especially in young people. Blisters are sometimes found to create much uneasiness in the neck of the bladder; for the removal of which the patient may drink freely of barley water, in which a little gum arabic is dissolved, and the blister itself should be well washed twice a day with warm milk and water till the distress of the bladder ceases

OINTMENT BROWN, OR CERATE,

Is a much milder application for dressing blisters than basilicon; the latter sometimes creating pain and smarting in irritable habits. It is also a well known remedy to old ulcers of the leg, which it frequently keeps clean and easy, if it does not dispose them to heal. It is likewise a mild and proper application to wounds of every description.

OINTMENT OF SPERMACETI

Is a good application to inflamed eye-lids: it is much better than most ointments for dres-

sing blisters in young children.—An ounce of spermaceti ointment, rubbed with one dram of camphor (which must be previously powdered, with the addition of four or five drops of spirits of wine) is a good application to chapped hands or chilblains.

OPENING PILLS

ARE very useful on many occasions, and therefore form a necessary and useful article in a medicine chest. To answer the intended purpose, it is necessary so to compound them, that their native qualities shall not be impaired by keeping. Dr. James's Analeptic Pills seem well calculated to remove costiveness, for the present, provided the patient be not subject to piles; for it is agreed among physicians, that aloetic medicines in that disease uniformly do harm. One, two, or three may be taken at bed-time, when a costive state of the bowels require it.

I shall here remark, that such as are of a costive habit, may, by a little regulation, soon bring the bowels to a natural state, without the aid of medicine, which is always the best plan where it can be done; since most medicines, more or less, leave a disposition to costiveness, after the purgative operation is over, and thus present inconvenience only is remedied.—To establish a daily call, the patient may take a little castor oil every night, but not in quantity sufficient to purge, without soliciting nature by repeated efforts the succeeding morning. If the dose of oil be taken for a few times, and the

attempt be regularly persisted in every morning, a habit will shortly be acquired, and the disposition to costiveness removed.

OPIUM.

The effects and applications of this medicine in the cure of diseases, are of course nearly the same with those of laudanum; the latter being no more than a spirituous solution of the former. But there are many cases in which it is more useful in a solid than in a liquid state; and on the other hand, there are many instances in which the liquid is preferable to the solid opium, on account of its operation being quicker, as where the object is to allay violent pain. In cases of violent vomiting, a grain of opium is commonly given to check it, and this will often be retained when laudanum will be thrown up, merely on account of the bulk of the fluid in which it is taken. Hence it is better to give an opium pill in every case of this nature, but without any fluid, for the obvious reason just assigned.—A grain of opium with three of camphor, is a good remedy in sick head-ache, and is preferable to laudanum, as its effects are more durable. A scruple of opium, dissolved in eight ounces of warm water, is a good wash for painful ulcers of the leg.

OPODELDOC.

THE utility and mode of applying this preparation, is so familiar with every one as to super-

cede the necessity of comments or direction here; suffice it to say, it is a good remedy in sprains, bruises, and some rheumatic affections where there is no fever. One part of laudanum, combined with two or three parts of opodeldoc, forms another valuable composition called "Bates's Anodyne Balsam," applicable in the same cases as opodeldoc, but is more efficacious where the sprains, &c. are very painful.

PEPPERMINT ESSENCE.

As the essence occupies much less space than peppermint water, it was thought proper to give it the preference, as an article in the chest: especially as peppermint water is readily made from it. The simple peppermint water consists of three drams of essence, well shaken in a large bottle with a quart of common water. The spirit of peppermint is made by adding to half an ounce of spirit of wine, seven drops of the essence, and an ounce of water. This spirit is in common use for pains or windy collections in the stomach and bowels.

PLAISTER DIACHYLON

Is a convenient application to cuts and wounds. Whenever a wound is made in any part of the body of considerable magnitude, it will heal in half the usual time, if the edges of such wound be *nicely* adapted to each other, and retained in

this situation by narrow slips of diachylon plaister, all extraneous substances being previously picked or washed out, if such should be in it. When the wound has been thus closed, a little lint spread with cerate, should be laid over it, and a bandage over the whole. The time for dressing the wound will be pointed out by the uneasiness the patient experiences in the part. The diachylon plaister is a good application where the skin is abraded, on account of its mildness and incapability of irritating.

PLAISTER BURGUNDY PITCH

THIS plaister applied between the shoulder-blades, often relieves in an effectual manner, the long continued coughs to which some children are liable, and is a remedy particularly recommended by Buchan for this disease. It will frequently be found more efficacious than all the internal medicines that can be administered. Applied to the breast, or pit of the stomach, it promotes expectoration in asthmatic complaints, and mitigates that chronic difficulty of breathing with which asthmatic patients are much troubled.

RHUBARB

Is found to be a convenient purgative in most of the bowel complaints of children, especially when they are purged, as it has a disposition to leave costiveness, after its purgative operation, child under six months may take as a dose

six grains; and above this, and under twelve months, eight grains. The dose of an adult may be half a dram or two scruples.—Equal parts of rhubarb and calcined magnesia are a good laxative, where there is an acid in the stomach, or when a patient is much affected with heartburn. Rhubarb is one of the best purgatives in bilious complaints, which frequently happen in hot weather.

SPERMACETI

Is an excellent remedy for coughs and hoarseness, especially if given in conjunction with gum arabic, and a little elixir paregoric, as in the following form, which method is very much approved.

Take spermaceti powder half an ounce, powdered gum arabic half an ounce, elixir paregoric three drams, clarified honey a table-spoonful, mix and make an electuary; of which a tea-spoonful is to be dissolved in the mouth, and swallowed slowly, whenever the cough is troublesome or the hoarseness great.

SPIRIT OF HARTSHORN

Is a remedy well known for its utility in fainting fits.—A tea spoonful given in a glass of water, removes heartburn and lowness of spirits. In fevers caused by teething, give three, four, or five drops of spirit of hartshorn, more or less, according to the child's age, in a spoonful of simple mint water, or other suitable vehicle, every five or six hours.

SPIRIT OF LAVENDER.

A tea spoonful or two of this medicine, taken in a glass of port, with fifteen or twenty drops of spirit of hartshorn, is an excellent means of exhilarating the spirits, more especially if it be taken between breakfast and dinner, when the stomach is empty.

SPIRIT OF NITRE, (SWEET.)

A tea spoonful of spirit of nitre given twice a day in a little water, is an excellent diuretic, and is commonly found serviceable in gravelly complaints of long standing. Half an ounce, mixed with a pint and a half of spring water, and taken during the day, is an excellent and efficacious beverage in fevers of every description.

SPIRIT OF SAL VOLATILE.

THIS medicine is a convenient remedy for lowness of spirits; for which it may be taken in the dose of a tea spoonful, in a glass of wine on an empty stomach. Twenty drops in a glass of wine thrice a day, commonly remove the heart-burn. Six drops twice a day, check the acidity of the stomach and bowels, which, in infants, commonly bring on many violent convulsive and other complaints.

SPIRIT OF WINE

Is chiefly put into the chest as an ingredient entering into a great variety of compounds which have been directed to be made from the chest. Of itself it is possessed of no medical powers, nor is it adapted to the relief of diseases for which we can recommend it. A solution of camphor in spirit of wine, forms the spirit of camphor, an application of great utility in many cases. (*See Camphor.*)

SULPHUR

Is an excellent medicine both for external and internal purposes : it is always mild in its operation, and can never do harm in any case. A scruple, or half a dram, proves gently aperient, and is particularly adapted to those constitutions where the piles are troublesome. Half an ounce of sulphur, made into an electuary of moderate consistence with honey, is an excellent plan of removing spring and autumn colds ; a tea-spoonful may be taken twice or thrice a day till the cold abates. Sulphur has long and justly been celebrated as a certain cure for the itch ; and the most efficacious, though perhaps disagreeable, method of using it is in the form of ointment, with which a part of the body only is to be rubbed at once, lest too many pores be closed by it at the same time. One half of the body may

he rubbed every night for four nights, and it will be proper to anoint the upper and lower parts alternately. The patient should keep on the same linen till the cure is complete.

The ointment is made by mixing one ounce of sulphur with two ounces of hog's lard, and to this a little perfume of any kind may be added, for the sake of ameliorating the scent.

TAMARINDS

ARE a gentle laxative, and may be given to children with that intention. An ounce, infused in a moderate quantity of boiling water, and allowed to become cold, forms an agreeable acid-drink in fevers, and will often be taken largely by children in such cases, with obvious advantages. Tamarinds are useful as a vehicle for other medicines, the taste of which they somewhat conceal, and thus render them less disgusting to the palate.

TARTAR EMETIC

Is a medicine of much utility as an emetic, and on account of its being perfectly tasteless is very convenient for children who take medicine of any kind reluctantly. Four or five grains may be dissolved in four ounces of clear water, and a table spoonful given every ten minutes till it operates; or if the person be a child very young, half this quantity will suffice.

When a fever is suspected to be lurking about the body, it is proper to compound the emetic to be given, of one grain of tartar emetic and twenty-five of ipecacuanha; these, when well triturated together, may be divided into two doses, if the person be an adult, and into four if he is not above ten years, one of which is to be taken and repeated after twenty minutes, if the first does not succeed.

Two grains of tartar emetic, added to a half pint mixture of purging salts, quickens the purgative operation, and render the medicine much more beneficial. (*See Salts Glauber's.*)

CARBONATE OF POTASH

Is a medicine, the chief quality of which is its power of destroying acids. Hence its utility in removing heartburn, which depends generally on the presence of superabundant acid in the stomach. On this principle, also, it often affords great relief to children who are troubled with purging and vomiting, when these complaints depend on acidity, which will be generally known to be the case, by the sour smell of the contents of the stomach and intestines, when evacuated. Dose in adults, twelve grains twice or thrice a day; in children, three grains may be taken occasionally, dissolved in water. But the principal use of carbonate of potash is, as an ingredient in the saline draughts; the method of preparing which is as follows:

Take one dram of carbonate of potash, dissolve it in four ounces and a half of water; to this may be added forty-two grains of the

crystallized lemon juice, previously dissolved in two ounces of water. An effervescence takes place on the admixture.

A method is here laid down for preparing the saline draughts with the crystallized lemon juice, because the fresh lemon juice is often difficult to procure: but where the latter can be made use of, it ought always to be preferred, as the uncertain strength of the former renders every rule for preparing the draught very incomplete. But in addition to what is already said, it may be observed, that the object in mixing the ingredients is to neutralize them, and this is understood to be the case when, on adding the acid, the mixture ceases to effervesce; this circumstance, then must be attended to in making the draughts.

The method of preparing the saline draughts with the fresh lemon juice is, to dissolve one dram of carbonate of potash in four ounces and a half of water, and to this must be added one ounce and a half of lemon juice strained; the mixture effervesces for some time, as in the former case. The dose of a saline draught is from one to two ounces, and they are chiefly used for abating fever, of whatever kind it may be

TINCTURE OF BARK

Is an excellent medicine in every case where there is debility, particularly of the stomach, causing a bad inefficient digestion. Two teaspoonfuls in a glass of wine and water, on an empty stomach, or at a little distance from meal

hours, will always be found beneficial in these cases. This plan is also an excellent means of recruiting the strength after a tedious illness, which often remains in an impaired state for a long time. Where infectious fevers are prevalent, two or three tea-spoonfuls, in a little wine, three or four times a day, may be taken to fortify the body against infection; and, to aid this intention, salts may be occasionally taken in the manner and form recommended under the Article "Glauber's Salts." Equal parts of tincture of bark and cold water forms an excellent tincture for the teeth and gums

TINCTURE STOMACHIC.

THIS is a very convenient and agreeable bitter for creating appetite in those who have impaired the stomach by the pernicious habit of drinking spirits. A table spoonful should first be taken in a tumbler of cold water twice a day; after a continuance of this for a few days, the quantity should be gradually lessened, by which progressive diminution of such unnatural stimulants, the stomach will at length recover its healthy state. It is to be understood in this case, that the custom of spirit drinking is left off *entirely*. Two or three tea-spoonfuls of the stomachic tincture in half a wine glass of sherry, is a good means of removing a morning head-ach and qualmish stomach caused by excessive intemperance the preceding evening.

VITRIOL BLUE.

IF this be occasionally rubbed over the sur-

face of those fungous excrescences called proud flesh, it will soon destroy them, and is consequently much used by surgeons for that purpose. It will frequently, but not always, destroy those excrescences called warts; it is observed, that it does not always succeed, for it is acknowledged, that in some cases no means can be devised for eradicating them. The following is a convenient process for endeavouring to remove warts. Tie a fine silk thread, well waxed, tight round the base of the wart, where it can be done. This ligature is to be tightened a little every day, and the wart will soon fall off; when it is removed, take a small piece of diachylon plaister in the centre of which is a circular opening of a size just sufficient to expose the whole remaining surface of the wart. The plaister is to be applied. The blue vitriol is to be rubbed on the wart every day till its application gives pain, at which time it may be presumed the wart is destroyed. The precaution of the plaister is necessary as it prevents injury to the contiguous parts.

Four or five grains of blue vitriol, dissolved in a cup of warm water, and drank, forms a safe and expeditious emetic in any case where such a remedy is wanted. This emetic, from its remarkable easy operation, often totally removes a violent headach.

VITRIOL WHITE.

THIS substance is the kind of emetic, chiefly used where poisons have been swallowed by mis-

take. It is given in the dose of twelve grains or from this to twenty, to be repeated at the distance of half an hour, if the dose should not succeed. Although considerable latitude is here given with respect to the dose, it may readily be judged how to adapt it to different ages, from what has already been said in the preface.

Ten grains of white vitriol, dissolved in four ounces of rain water, is a good lotion for slight inflammations either of the eyes or skin, or may with equal propriety be used as a wash to languid or glassy looking ulcers.

White vitriol one scruple, hog's lard half an ounce, mixed well, so as to form an ointment, is an useful application to the inflammation of the eye-lids to which old people are subject: a small bit should be put into each eye every night at bed time.



Appendix,

CONTAINING

REMARKS

ON

SUSPENDED ANIMATION & POISONS.

IN the beginning of this little work, it is observed, that the object is to diffuse such knowledge among mankind as will serve to prevent or remedy many ills. Now although it may be said, that the present subject is not consistent with the title annexed, viz. "directions for using medicines," yet the ultimate end of both is to relieve distress, on which account it is thought proper to mention a few rules for restoring suspended animation, when occasioned by drowning, as from this cause it most frequently happens.

Those, whose situations are distant from medical assistance, are the persons chiefly to whom these remarks will be useful; for it is to be recollected, that the only chance of restoring the suspended functions of life, depends on the timely and prompt application of appropriate means.

It is not to be expected in a work like the present, that the whole plan laid down by the Humane Society, for restoring suspended animation can here be noticed ; it would far exceed the limits of this work in the first place ; and in the second it may be observed, that those only who are acquainted with the construction and economy of the respiratory organs could use them with effect ; besides, the rules of the Humane Society will be of little avail without their apparatus, and with the apparatus rules are given.

It would redound much to the credit and service of the community, if every town and considerable village would each, by subscription, furnish itself with the instruments recommended by the Humane Society, to be kept for common use by a medical practitioner, if there be one, or by the clergyman, or some intelligent person who should make himself master of the principles on which the instruments are used, and the manner of using them ; many lives might be saved annually by such a plan, and consequently much good done to the whole, with little or no expense to individuals.

In laying down rules for restoring suspended animation, it will be of more particular use so to construct them, that the steps to be taken only shall be pointed out, for it would add nothing to the utility of the means to enter into the philosophy of their *modus operandi*, though no doubt it would add to the satisfaction of some individuals

RULES

FOR

RESTORING SUSPENDED ANIMATION, *FROM DROWNING, &c.*

1. THAT some of the plans generally used for resuscitating drowned persons, are pernicious and are founded on erroneous principles; of such a nature are the following. Hanging a person up by the heels.—Setting him on the crown of his head.—Rolling him on a cask. These practices are not calculated to perform the intended office, but are fraught with danger. There is much hazard of bursting some blood-vessel in the brain, or lungs, by such treatment, and consequently of rendering some cases incurable, which the nature of the original accident had not made so.

2. That as soon as a report of a person's being drowned should be heard, blankets should immediately be conveyed to the water side, in which the body is to be folded up, the wet clothes being first removed. In addition to these a *warm shirt*, or waistcoat from the body of a living person, will have its use. If the sun is out very hot, the body may be exposed to it, while at the same time frictions, and the means hereafter to be recommended, are also had recourse to.

3. That when the sun is not sufficiently out the body should be conveyed to the nearest house where conveniences can be had; but in removing the body to a proper place, an improper position should be avoided. To carry it over a man's shoulder, or to lay it on a resisting body, as a board, with the belly downward, are improper; the chest is by these means compressed, and the natural effort to breathe, if such effort should happen, will be impeded. A cart is the best conveyance, it gives considerable, though temperate agitation to the body, which will never do harm, and often be serviceable. The body when placed in a cart should be kept stretched out; the head and upper parts should be elevated without the neck being bent, and the body laid on its side. When a cart is not at hand, the body should be carried on the shoulders of two men.

4. That when the body is properly situated in a house no more persons should be admitted than are absolutely necessary. The plans immediately to be followed, will depend on the state of the body. Where a little of the natural heat still remains, brisk agitation may recall the latent principle of life, and is therefore in such a case to be followed, together with other aids, especially frequent inflation of the lungs by bellows, the beak of which is to be inserted into one nostril, while the mouth and other nostril is kept closed. This being done, the process is merely to force in air, and compress the chest alternately. If it could be done, it would be

much more convenient to pass a curved tube into the windpipe a little way, and inflate through this; as in the former way, it is certain much of the air will pass into the stomach, which the pressure on the chest will force into the intestines. The following method of preparing and using a curved pipe would succeed.

Take a tin tube, five inches long, the bore of which is equal to a large goosequill. This tube must be rounded off smoothly at that end which is to be introduced into the windpipe, and must be curved to an obtuse angle at about one inch from the end that is to enter the windpipe; to the straight end of the pipe is to be tied a bladder, with the cavity of which the tube is to communicate. Having thus prepared the apparatus, the next step is to introduce the tube into the windpipe, and this will be found somewhat difficult to those who are unacquainted with the relative situation of the parts of the throat, but may be attempted by some intelligent person, if strict attention is paid to the rules here mentioned. The person should place himself on the right side of the patient, and introducing the fore-finger of his left hand at the right corner of the patient's mouth, he should push the point of it over the lid that covers the windpipe, and using this as a director, he may pass the windpipe which he holds in his right hand at the left corner of the mouth, till the point of the pipe is beyond his finger, and it will fall into the proper situation. Having fixed the apparatus so far, the next step is to tie the bladder over the beak of a pair of bellows, and so inflate the lungs and compress the chest alternately.

5. That when the heat of the body is extinct, it is much to be doubted if agitation will have any effect, therefore it would be useless to employ time about it which might be better spent. The first step must be to attempt to restore the heat. The body must be kept warm in a hot bed, by the frequent repetition of hot blankets; by placing hot salt or sand to the feet, sides, and arm-pits, and by rubbing the body with hot salt under the blankets; to keep off external cold. Where hot water can be had, a bath is one of the best means of communicating heat. One part of boiling water to two or a little more of spring water, is quite sufficient at first, as at this time it will be improper to apply too much heat; by the gradual addition of warm water, the heat may be brought to exceed the healthy degree a little, that is, to about 100 degrees of Fahrenheit. While these, or the means before advised, are going forward, a glyster of common warm water, and a spoonful of salt should be thrown into the bowels by a bag and pipe. Tobacco is sometimes useful, but so difficult to apply properly, that we say nothing respecting it, especially as it is sometimes dangerous. The frequent application of spirit of hartshorn to the nose may be used as an auxiliary.

6. That it is dangerous to pour any liquid into the mouth before it appears that the power of swallowing is restored; after which an emetic may be given, and if it succeed in vomiting the patient, a small quantity of warm wine may be got down subsequently to its operation. Blood-letting in the generality of cases, is of no use,

7 That with regard to the practices here recommended, it is to be understood, that they are not soon to be discontinued, though good effects are not immediately apparent. It has often happened, that though means employed for one hour have not succeeded, the same means continued for two or more hours, have at length had the desired effect. It should therefore, be regarded as a rule, to persist in the attempt to restore life for two or more hours, unless the signs of death keep increasing, in which case it will be useless.

Notwithstanding the plans we have now recommended are so perspicuous as to enable any intelligent person to put them in force, yet it is particularly advisable to procure proper medical assistance as soon as the nature of things will admit of it.

CONCISE METHOD OF OBVIATING THE EFFECTS OF POISONS.

I. OPIUM. When this medicine is swallowed in a large dose, it becomes a poison capable of destroying life. Its first effects are, a disposition to sickness, remarkable faintness, and continued insensible drowsiness. As soon as it is discovered that a poisonous dose of opium is swallowed, an emetic of white vitriol should immediately be got down, and the dose repeated every ten minutes till vomiting ensues. After this is effected, the patient should not be suffered to dose, but kept in a state of agitation.

CORROSIVE SUBLIMATE, OR ARSENIC.

When either of these active minerals has been swallowed, the plan of treatment to be followed will be the same in each. An active emetic of ipecacuanha must be got down, and the dose followed up at short intervals, as in the preceding case, till vomiting is excited; this must be kept up for along time with copious draughts of warm drink. If the substance swallowed be corrosive sublimate; the white of eight or ten eggs, beat up with a quantity of warm water, is an an-

tidote which effectually destroys the effect of the poison.

VERDIGRIS. An emetic of ipecacuanha in the first instance, to be followed by copious draughts of sugared water, is the best antidote to this poison.

ACID OF SUGARS.

OXALIC ACID. This preparation of late years has been often the cause of accidental poisoning, being taken by mistake sometimes for common salts. It is particularly used for the cleaning of boot tops, and certain kinds of harness; and its poisonous qualities were not, for a long time, suspected. It has however proved to be one of the most formidable of the mineral poisons in common use. So violent is its action, that it is generally found to destroy life within an hour, and sometimes within a quarter of that time, after being swallowed. Little time consequently is given for deliberation, and it is necessary to have recourse instantly to the first remedy that comes to hand. Amongst these the best is calcined magnesia, which should be administered in as large a quantity as can be got down; should this not be at hand, recourse should be had to prepared chalk or lime-water.

In all cases of poison it should be recollected, that the most speedy means of diminishing the mischief, is that of exciting vomiting; this is most certainly effected by putting the finger down the throat, or should the patient be incapable of doing this, some other person should employ a feather dipped in oil, and persevere till vomiting is produced.

CHLORIDE OF LIME.

This is a new preparation in high repute for destroying all offensive and putrid effluvia, prevents putrefaction, and corrects the impurities of the air in close apartments, and in situations exposed to noxious vapours.

It is sold both in *powder and liquid* state, but you may save considerable expence by purchasing the former, and dissolving it yourself in this manner.

“To a table spoonful of the *powder*, add gradually one quart of *water*, or, to one pound of the powder three gallons of water; break all the lumps, mix it well, and the clear liquor is then fit for use.”

In a sick room the clear liquor is to be sprinkled about or kept in open dishes; in ordinary cases the latter may be preferred, as they can be removed if the smell of the liquid becomes too powerful; but in putrid disorders it may be used more plentifully, and a glassful added to the water of the night-chair or bed-pan, will prevent effluvia. Where small-pox, measles, cholera, scarlet, typhus, and yellow fevers, or other infectious diseases prevail, in addition to the above precautions, the linen, &c. taken from the patient, should be immersed in the liquid immediately, and afterwards rinsed in pure

water before being sent to the wash. The attendants, before and after touching the patient or linen, should dip their hands in it, inhale some of the vapour, and if they experience any nausea, rinse their mouths with ten drops in a wine-glassful of water. These directions will, of course, prove equally beneficial in hospitals, workhouses, prisons, ships, and the habitations of the poor, where numbers are confined in a small space; ventilation and cleanliness being also strictly observed, and the powder mixed in equal quantities with whitening to wash the walls. If death take place the body will be preserved from corruption for a considerable time, if well washed and occasionally sprinkled with the liquid, and two pounds of the Powder should be put into the coffin with the body.

If you should employ the *liquid* as prepared by Chemists, you must add a *wine-glassful* to a quart of *water*.

CHLORIDE OF SODA.

This valuable Preparation is applicable to the following beneficial purposes, under the direction of the medical attendant; as a **LOTION**, in the proportion of one to ten parts of water, in carbuncle, ill conditioned and gangrenous sores of every description, all foetid discharges, scald heads, &c. as a

GARGLE, in the proportion of one to twenty parts of water, in ulcerated sore throats, pytalism, or violent spitting of saliva, spongy gums, and carious teeth; **INTERNALLY**, in doses of five to sixty drops, in a wine glassful of water, as a diuretic, mild aperient, and corrective of organic poisons. In the proportion of five to ten drops in a wine-glassful of water, the Chloride of Soda will be found an excellent wash for the mouth, correcting a tainted breath, and cleansing the tongue.

SULPHATE OF QUININE.

Sulphate of quinine is too well known to require a minute description; it is in small silky crystals, bearing in appearance, a resemblance to benzoic acid; it is intensely bitter, and very difficult of solution. It is presumed that in the preparations of quinine and cinchonine, we possess all the activity of the respective barks, unincumbered by inert matters, which nauseate the stomach and load the bowels, in cases where large and continuous doses are requisite; and experience, as far as it has gone, seems to justify this opinion. They have been employed in almost every case for which fine Peruvian barks have been so long celebrated; but the most severe tests of their virtue seem to be cases of intermittent fevers, and the most

obstinate agues, which have been effectually treated by the Sulphate of Quinine. In very delicate constitutions, and in many of the diseases of children, these remedies also promise to be of essential service. Both quinine and cinchonine are likely to be useful in these cases, but the sulphate of the former will undoubtedly establish itself, as the most serviceable and most elegant substitute for bark, ever presented to the profession; indeed, it has already gained so fair a reputation, that every one who has employed it, must acknowledge its utility and convenience.

Sulphate of quinine has been exhibited in doses of from one to five grains, three or four times a day; though eight grains are by some regarded as an equivalent to an ounce of bark. Mr. Brande considers it would be more prudent to begin with small doses, and if they answer the intended purpose, not to increase them; if not, they may be augmented till the disease feels the influence of the remedy; but in large doses this salt will be found to nauseate, to create weight and pain in the stomach, attended by thirst, a white tongue, and a quickened and hardened pulse.

CHOLERA MORBUS.

This peculiar and widely extending malady, known by the various names of Asiatic Cholera, Russian Cholera, and Spasmodic Cholera, is one of such an extraordinary nature, and so entirely unknown to the major part of Medical Men, that very little may be said to be yet known, concerning its nature and treatment.

The limited portion which can be allowed for this subject, in this little work, is necessarily so small, that it will only admit of a few general or popular remarks; however, short as they may be, they will be found to embrace the most important facts, and, for the sake of conciseness, shall be comprehended under a few leading heads.

HISTORY.—It appears a very malignant form of this disease suddenly appeared on the 28th of August, 1817, at Jessore, a town situated about one hundred miles from Calcutta.—It rapidly spread through the neighbouring parts, spreading devastation in every quarter it unhappily visited. Year after year since it first appeared, it has visited several places, and also spread, taking different places, and even empires in its course, till it finally reached England in October, 1831.

NATURE.—As to the nature of the complaint, from much which has been advanced,

I fear there is little to be deduced ;—the opinions have been so opposing, and the reports so contradictory, that very little can be said on this head. On the three most important inquiries, a few observations may be made.

To the questions. First, is it *contagious*? Let us answer, surrounded as we are by doubt, Yes!!! For, although some writers have declared the contrary, yet the facts of its communicable nature are so self-evident, that we had much better lean to the theory of contagion, than run any chance of spreading the malady, by a disregard of so important a feature. Secondly, is it more given to visit low places than high situations? It was thought at first to predominate in low places, but it has finally appeared that all situations, but more especially the filthy and ill situated, are generally liable. Thirdly, is it more prone to attack the indigent than the opulent? To the well fed and well clothed, we would say, use temperance and generous exercise, and you have the chance in your favour of escaping it ; but the intemperate, whether in drink, meat or other gratifications, the ill-fed, and ill-clothed most assuredly are the first and most numerous victims.

SYMPTOMS.—The disease is not usually ushered in by a series of symptoms, but some-

times comes in a sudden. Giddiness, sick stomach, nervous agitation, intermittent, slow, or small pulse, cramp, beginning at the tops of the fingers and toes, and rapidly approaching the trunk, give the first warning.

Vomiting or purging, or both these evacuations of a liquid, like rice-water or whey, or barley-water, come on ; the features become sharp and contracted, the eye sinks, the look is expressive of terror and wildness ; the lips, face, neck, hands and feet, and soon after the thighs, arms, and whole surface, assume a leaden, blue, purple, black, or deep brown tint, according to the complexion of the individual, varying in shade with the intensity of the attack. The fingers and toes are reduced in size, the skin and soft parts covering them are wrinkled, shrivelled, and folded ; the nails put on a bluish pearly white ; the larger superficial veins are marked by flat lines of a deeper black ; the pulse becomes either small as a thread, and scarcely vibrating, or else totally extinct.

The skin is deadly cold and often damp, the tongue always moist, often white and loaded, but flabby and chilled like a piece of dead flesh. The voice nearly gone ; the respiration quick, irregular, and imperfectly performed. The patient speaks in a whisper.

He struggles for breath, and often lays his hand on his heart to point out the seat of his distress. Sometimes there are rigid spasms of the legs, thighs, and loins. The secretion of urine is totally suspended; vomiting and purgings, which are far from being the most important or dangerous symptoms, and which in a very great number of cases of the disease have not been profuse, or have been arrested by medicine early in the attack, succeed.

TREATMENT.—All means tending to restore the circulation and maintain the warmth of the body should be had recourse to without delay. The patient should always immediately be put to bed, wrapt up in hot blankets, and warmth should be sustained by other external applications, such as repeated frictions with flannels and camphorated spirits; poultices of mustard and linseed (equal parts) to the stomach, particularly where pain and vomiting exist. Similar poultices to the feet and legs to restore their warmth: the returning heat of the body may be promoted by bags containing hot salt or bran applied to different parts of it. For the same purpose of restoring and sustaining the circulation, white wine whey, with spice, hot brandy and water, or sal volatile, in the dose of a teaspoonful in hot water, frequently repeated, or from five

to twenty drops of some of the essential oils, as peppermint, cloves, or cajeput, in a wine glass of water, may be administered; with the same view, where the stomach will bear it, warm broth with spice may be employed. In very severe cases, or where medical aid is difficult to be obtained, from twenty to forty drops of laudanum may be given in any of the warm drinks previously recommended.

These simple means are proposed as resources in the early stages of the disease, where medical aid has not yet been obtained.

PRECAUTIONS.—Decayed articles, such as rags, cordage, papers, old clothes, hangings, should be burnt; filth of every description removed, clothing and furniture should be submitted to copious effusions of water, and boiled in a strong ley; drains and privies thoroughly cleansed by streams of water and chloride of lime; ablution of wood work should be performed by a strong ley of soap and water; the walls of the house, from the cellar to the garret, should be hot lime-washed; all loose and decayed pieces of plastering should be removed.

Free and continued admission of fresh air to all parts of the house and furniture should be enjoined for at least a week.

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ELIXIR PAREGORIC. EPSOM SALTS.

ELIXIR VITRIOL. GOULARD.

FRIARS BALSAM GUM ARABIC.



BURGUNDY PITCH PLAIST.

CHAMOMILE FLOW.

CALOMEL.

CRYST LEMON JUICE.

CAMPHOR.

CREAM of TARTAR.

CARBONATE of POTASH.

DENTIFRICE POWD.

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ALUM.

BORAX.

ANTIMONIAL POWD. BLISTERING OINT.

ANTIMONIAL WINE. BROWN CERATE OINT.

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